Vivago

Vivago WristCare System

User's guide for sheltered homes

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The Vivago system is the first personal safety device in the world that continuously monitors your well-being. The system automatically calls for help if you are unable to push the VIVAGO-button yourself.

Vivago watch

You should keep the Vivago watch on your wrist at all time seven when you go to bed or out, because the watch continuously monitors your activity level. By pressing the alarm button you can trigger an alarm yourself. The WristCare system sends an automatic alarm e.g. in case of immobility within 30 minutes to 4 hours. The sensibility of the automatic alarm can be adjusted user-specificly.

You can use the wrist unit as a normal watch. It shows you the time and date and can be used as an alarm clock. Besides this it is possible to review the last night's hours of sleep and the activity level for the previous day .
You can take off the watch anytime but be aware that the watch measures your activity only when worn on the wrist. At that time you are not fully secured, please remember to fasten the watch again on your wrist. The manual alarm button works even though you are not wearing the watch, e.g. if the watch is situated on the table.

The WristCare system transmits the button alarms

If you feel that you need help, press immediately the VIVAGO-button on the watch until the red light appears on the watch. The red light will be switched on a while after the alarm has been sent.

Do not wait for the system to send an automatic alarm for you!

Fastening the watch

Wear the watch on your weaker hand. If you are right-handed, please fasten the watch on your left hand and vice versa. Fasten the watch on your wrist so that it feels comfortable and does not restrict your wrist movements. However, please note that it should be tight enough to ensure that the bottom face of the watch is in close contact with your skin, even when you move your arm around. This is important, because your watch can only monitor the activity level and physiological signals when it is in direct contact with your skin. The watch is too loose if it can be rotated.

Shower, bath and sauna

The WristCare can be worn in the shower and bath. It is waterproof. This enables you to send an alarm while taking a shower or bathing. Please do not wear the watch in hot environments for example in the sauna.

Removing the wrist unit

The WristCare shouldn't be left under direct sunlight or within reach of children or pets.

Cleaning the watch

Regular cleaning of the watch is important to ensure that the measurement function works properly. If the watch is in constant use, it is good to clean it once a week. Clean the bottom face of the watch and the inside of the straps with a damp, soft, non-fluffy cloth. Dry thoroughly with a dry cloth.
Do not use washing liquids that contain solvents like alcohol. These might damage the plastic parts of the watch. Do not scrape or scratch your watch.

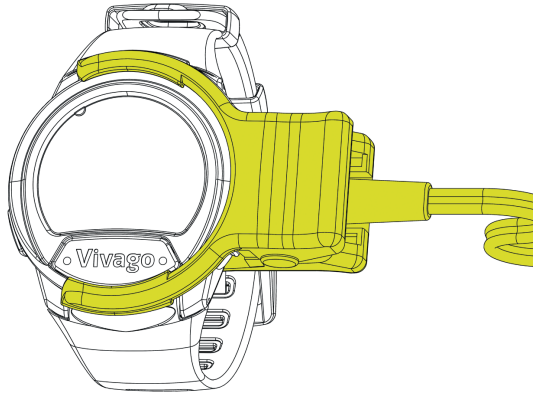
Recharging the battery

The watch has a rechargeable battery, which needs to be charged. A charged battery lasts for 2-4 months(depending on the watch model).

A symbol of a battery appears on the upper left side of the display when the battery is getting empty. The text BATT will also blink in the display. The watch will also send a "Battery empty" notification to the alarm recipient. The battery should be charged as soon as possible, but at the latest within three days to make sure that the watch works properly.

Place the charger on the watch as shown on the picture and plug the charger into a power socket. Make sure that the charger is correctly placed on the watch. Place the charger on the same side as the MODEbutton. When the charger is correctly attached and it starts to charge the watch, a symbol of the charging process appears on the display.

When the battery is full the charge animation stops and the battery symbol is switched off. A "Battery full" notification will now be sent to the alarm recipient. You can detach the charger from the watch and the socket. If the battery symbol doesn't fade the battery isn't fully charged



Place the charger on the watch as shown on the picture and plug the charger into a power socket.

The functions of the buttons
The watch has three buttons:

1) VIVAGO button on the watch is meant for triggering the alarms, except when doing confirming changes in the setting mode of the watch.

2) LIGHT button will switch on the background light (a long press). It will help you to use the watch in the dark. The light will automatically switch off after 12 seconds.

3) MODE button is to be used when browsing through the different menus.

By pressing LIGHT(2) and MODE(3) buttons at the same time in the clock display you enter the set-up mode, where you can set the time, date and the alarm. See watch settings.

A long press on the MODE-button or no press at all for 60 seconds redirects the system automatically to the watch mode.

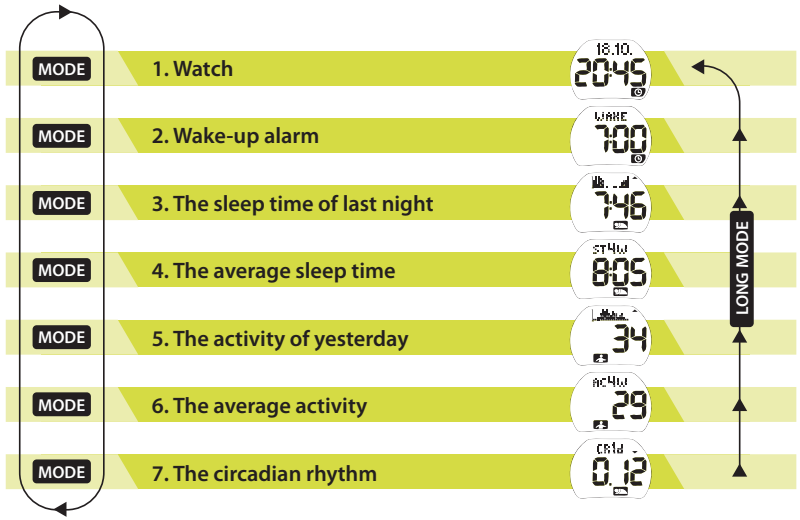
Settings mode

By pressing LIGHT and MODE buttons simoultaneusly you will enter the mode for settings. The setting mode depends on in which display mode you enter the settings.

If you don't press any button for 60 seconds you will automatically, from all modes, return to the watch to the basic watch mode.

In the set up mode the buttons work as follows:

- LIGHT: changes settings.
- MODE: changes the numbers, for instance from hours to minutes when setting the time or changes the settings
- VIVAGO: confirms the setting and shifts to next set-up mode.


MODE 1. Watch
MODE 2. Wake-up alarm
MODE 3. The sleep time of last night
MODE 4. The average sleep time
MODE 5. The activity of yesterday
MODE 6. The average activity
MODE 7. The circadian rhythm
LONG MODE

1. Time and date settings

Make sure the watch shows the time, in other words is in the watch mode.

1.1 Time

- Press and hold the LIGHT and MODE buttons simultaneously until the text: TIME appears on the display. In this mode you can set the time.
- The hour starts blinking.
- Set the right hour by pressing the LIGHT button.
- Advance to the minutes by pressing the MODE button. The minutes start to blink.
- Set the minutes by pressing the LIGHT button.
- Save the settings by pressing the VIVAGO button. The watch will move to the next set-up mode.

1.2 24/12 h display

The text CLOCK appears on the display. In this mode you can choose to show the time either in 12h mode, or 24h mode.

- On the display the text 24H or 12H starts blinking, depending on which time mode has earlier been set.
- By pressing the LIGHT button you can change the setting.
- When you have chosen the time mode you prefer conform it by pressing the VIVAGO button. The watch moves to the next setup mode.

1.3 Year

- The text YEAR appears on the display. In this mode you set the right year.
- The last digit of the year starts blinking.
- By pressing LIGHT button you can change the year.
- When you have chosen the year, save by pressing the VIVAGO button. The watch goes to the next setup mode.

1.4 Month

- The text MO appears on the display. In this mode you set the right month.
- The month that has been set earlier starts blinking.
- By pressing the LIGHT button you can set the right month.
- When you have chosen the month confirm it by pressing the VIVAGO button. The watch moves to next setup mode.

1.5 Day

- The text DAY appears on the display. In this mode you set the right day of the month.
- The day that has been set earlier starts blinking.
- By pressing the LIGHT button you can set the right day.
- When you have chosen the day confirm it by pressing the VIVAGO button and the watch moves to next setup mode.

1.6 Type of date field

- The text VIEW appears on the display. In this mode you define what is shown in the field above the date when the watch is in the normal time mode.
- Depending on the mode that has been chosen earlier one of the texts below starts blinking in the display. One of the options below starts blinking, depending on which mode has been set earlier.
- By pressing the LIGHT button you can determine which of following options is shown:
  - Date, e.g 14.6. (day. month)
  - Time of the day, DAY or NIGHT
  - Weekday, MON or TUE, WED, THU, FRI, SAT, SUN
  - Empty field

When you have chosen the type of date field you prefer, confirm by pressing the VIVAGO-button. This will exit the watch's setup mode.

1.7 Summer time

After the time has been set the system will automatically change to summer/winter time(see hereinafter mentioneddescription)

Summertime starts mainly in the European Union counties on the last sunday in March at 3:00 a.m. The clock moves ahead (thus, losing one hour) when summer time starts and falls back one hour (thus, gaining one hour) when summer time ends the last sunday in October at 4 AM.

2.Setting the wake-up alarm

Move to the wake-up alarm menu by pressing MODE. (Menu 2, see menu structure). The text WAKE is shown on the display. If the wake-up alarm is activated, the display shows the wake-up time, if not two lines (-:-) are shown on the display.

2.1 Wake up on / delay function/ off

- Press the LIGHT and MODE buttons simultaneously until the time or the (-: -) is removed from the display. The display still shows the text: WAKE. Now it's possible to set or to cancel the wake-up or to mobilize the delay function.
- In a while one of the following texts start to blink depending on which wake-up mode has lately been used.
  - OFF, alarm off
  - AUTO, delay function activated
  - ON, normal alarm on

When you have activated or deactivated preferred wake-up alarm, confirm by pressing the VIVAGO button. If you have chosen OFF, the watch automatically returns to the watch display. If you chose ON or AUTO, the watch moves to wake up alarm settings.

2.2 Setting the wake-up time

- The text: WAKE appears on the display. No you can set the desired wake-up time.
- The hours start blinking. Set the correct hour by pressing the LIGHT button.
- Move to the minutes bu pressing the MODE button
- The minutes start to blink. Set the minutes by pressing the LIGHT button
- When the wake-up time is set confirm it by pressing the VIVAGO button. The watch moves back to the wake-up menu where the text: WAKE and the set wake-up time appears

3. Other settings

Move to sleep or activity menus by pressing theMODE button. (menu 3 to 6, see menu structure).

3.1 Activity limit value for sleep

By setting the limit value for sleep the watch notice when you are asleep and when you are awake

- Press and holdthe LIGHT and MODE buttons simultaneously, until the text SLEEP appears on the display. In this mode you can set the limit value for sleep, in other words in which activity level the watch assumes you sleeping. The sleep limit value may affect the passivity notification.
- In a while one of the numerical values below starts blinking depending on which limit value for sleep has been selected earlier.
- By pressing the LIGHT or MODE button you can determine which limit value between 1–10 suits you. The default value is 4. Choose a low limit value if your activity is low or the watch counts too many hours of sleep for you. Choose a high limit value if you know you sleep restlessly or the watch counts too few hours of sleep for you.

• When you have chosen the limit value for sleep, press the VIVAGO button. The watch moves on to the next set up mode

3.2 Resetting the memory

• The text: CLEAR appears on the display. In this mode you can clear the watch's measurement data and memory.
• The text: NO starts blinking.
• If you do not want to reset the memory press VIVAGO button.
• If you want to reset the memory chose YES by pressing the LIGHT button and confirm by pressing the VIVAGO button.

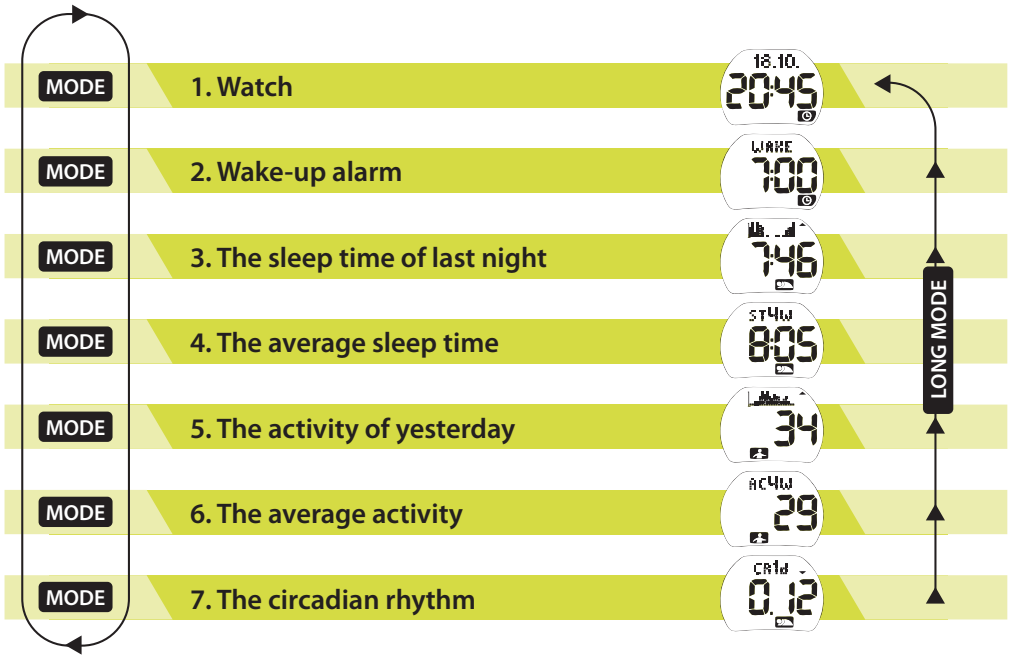
The watch carries out the desired function and moves on to the next set up.

The menu structure of the watch

By pressing the MODE button you enter the different menus as following:

1. Watch
2. Wake-up alarm
3. Last night's hours of sleep
4. Average sleeping time
5. Activity of yesterday
6. Average activity
7. Circadian rhythm

A long press of the MODE button or no press for 60 seconds redirects the system to the watch mode.



Different menus and their functions

1. Watch

In the basic display mode the watch showstime and in the upper half of the display date or alternatively the day of the week or time of the day . A watch symbol is shown at the bottom of the display. The time can either ber in 12 or 24 hour mode. When using the 12 hour mode AM/PM will be shown on the left of the time. The date is shown either day.month or just weekday (mon, tue, wed, thu, fri, sat, sun). You can also choose DAY or NIGHT texts in accordance with the time of the day . The field can also be empty. See watch settings, if you like to set the time and date or change the time ordate layout.

The watch will always, from all menus, return to the basic watch mode in 60 seconds if no buttons have been pressed. A long press of the MODE button will immediatelyredirect the system to watch mode.

2. Alarm (WAKE)

By pressing once the MODE button you will see the set time for the wake up alarm. The watch symbol is still shown at the bottom of the display. If the display shows two lines(-:-) in the place of the alarm time the alarm is not activated. To set the alarm time, see watch settings.The wake-up beep starts on the chosen time and stops by pressing the LIGHT or MODE button. Do not press the VIVAGO button, it will launch an alarm. The beep will also automatically end after one minute. It is possible to set a delay function (see the watch setting). When the delay function is activated the watch will wake you up only when it notices movements after the set wake-up time. The wake-up will at the latest start half an hour after set wake-up time. If you sleep peacefully and do not move, the snooze automatically gives you 30 min extra sleeping time and you will not be awakened from deep sleep. If you activate the delay function and for example set your alarm on 7:00 the watch wakes you up between 7:00 and 7:30 depending on when it detects movements, but at the latest at 7:30.

3. Last night's sleep time

This mode graphically shows the movement activity (activity histogram) measured by the WristCare system and last night's calculated hours of sleep (on the picture it is 7 hours 46 minutes). A sleep symbol is shown at the bottom of the display. One column of the histogram describes the average movement activity during one hour. The picture is being drawn to the display one column at a time and shows last night's movement activity between 18:00-12:00. During the drawing the display shows the hour digits respectively. When the entire picture has been drawn the display shows the total amount of sleep. The picture is updated at 8 a.m, after it you can see the histogram and your hours of sleep

for last night. Before 8:00 a.m, your sleep time and the histogram are therefore from the night before.

The watch measures your wrist movements. When there are only very few small movements during a longer period it will detect it as sleepBecause of this it is possible to count an estimate of your sleeping time. The height of the columns on the display describes your sleep. If you have slept for an entire hour there will not be a visible column. Therefore a continuous good sleep of 8 hours will be shown as a blank period in the histogram. Short awakenings might not be shown in the display, because the column height describes the average movement during one hour. The arrow on the right side of the histogram indicates if your sleep time is longer (arrow up), shorter (arrow down) or about the same (arrow linear) than your average sleep time during the last four weeks. Because the sleep time calculation is based on the movement measurement, the displayed sleep time might not totally reflect your own observation of sleep. For instance if you are watching TV very peacefully in the evening the system might observe it as sleep even though you are awake.

If there is not enough collectable data from last night to measure the average, for example if you have not worn the watch continuously, two lines (- -) appears on the display.

4. Average sleep time
(ST 4w, Sleep Time 4 weeks)

In this mode the display shows the average sleeping time for the last 4 weeks (on the picture it is 8 hours 5 minutes). A symbol of sleep is shown at the bottom of the display. The data will be updated once a day, 8:00 a.m. If there is not enough collectable data from the last 4 weeks to measure the average,for example. if you have not worn the watch continuously, two lines (- -) appears on the display.

5. Daytime activity

This mode shows graphically the daytime activity for the previous day measured by the watch(activity histogram). The display shows the average activity level (on the picture it is 34) for the previous day (8:00-20:00). A symbol of activity is shown on the bottom of the display.One column of the histogram describes the average activity level during one hour. The picture is drawn one column at a time showing the activity for yesterday between 6:00 a.m-00:00 p.m no matter what time of the day it is. During the drawing the display shows the hour digits respectively. When the entire picture has been drawn, the display shows the average activity for the whole day. The picture is updated at 8:00 p.m every day. After it you can see the histogram for the current day. If there is not enough collectable data for example if you have not worn the watch continuously, two lines (- -) appears on the display. One column of the histogram describes the average activity during one hour. The columns are scaled between 0 and 100. When the column is at its highest, your activity has been between 50 and 100 for that hour. This means very high activity. The arrow on the right side of the histogram indicates if your activity level is higher (arrow up) or lower (arrow down) during the last 4 weeks.

6. Average activity
(aC 4w, activity 4 weeks)

In this mode the display shows the average activity level for the last 4 weeks (on the picture it is 29). On the bottom of the display a activity symbol is shown. The data will be updated once a day, at 08:00 p.m. If there is not enough collectable data from the last 4 weeks for example if you have not worn the watch continuously, two lines (- -) appears on the display.

7. Circadian Rhythm
(CR 1d, Circadian Rhythm 1 day)

In this mode the display shows you the calculated circadian rhythm for the last day and night (in the picture it is 0.12). The symbol for sleep appears on the bottom of the display. The numerical value is updated every day at 8:00 a.m. The arrow on the display indicates if your circadian rhythm is higher (arrow up) or lower (arrow down) that your average circadian rhythm during last month.The circadian rhythm is calculated by dividing the activity during night with the activity during day. If the reading is close to zero, the circadian rhythm is good. If the reading is close to or over one, the circadian rhythm is poor. The circadian rhythm should in normal conditions stay clearly under 0,5. This tindicates that you have rested in the night and been active during the day. The numerical value for the circadian rhythm can be high (over 0.5), if you have slept very restlessly, or not at all and you have been very inactive during the day. The circadian rhythm describes your over all well-being and capacity. Your circadian rhythm is good when you feel good, sleep well and peacefully and are active during daytime. If there is not enough collectable data from the last day, for example if you have not worn the watch continuously, two lines (- -) appears on the display.

Good rhythm CR = 0.1

Poor rhythm CR = 1.0

Maintenance

Regular cleaning of the Vivago wrist unit is essential to assure the correct operation of the product. The rechargeable battery of the watch has to be changed every 2-4 months. The system automatically sends "Battery empty" notification to the alarm recipient when the battery should be charged, also the text BATT appears on the display of the watch. Vivago Oy is responsible for the service of all Vivago-devices.

Liability

The Vivago WristCare System constantly monitors its own technical performance. If there is a malfunction, it will automatically send a notification to the alarm recipient. The alarm recipient can then take the necessary measures to fix the situation. The functions of the wrist unit do not correspond with those of a health monitoring device. There are situations in which the system will not trigger an alarm. However, even a slight change in the person's activity pattern or condition may cause an alarm. Functional trouble in telephone lines or telecommunication links may hinder the arrival of the alarm.

Under no circumstances, is the manufacturer liable for any indirect damages caused by the system not making or transmitting an alarm.

The manufacturer assumes no liability for malfunctions of the system, which are caused or occasioned by the system not being used and maintained in the manner described in the operating instructions.

Warranty

The Vivago system manufactured by Vivago Oy carries a warranty for 24 months from the date of purchase. The warranty covers the materials and workmanship of each product. The warranty does not cover any damage that is caused or occasioned by improper use or user's negligence. It does not cover any damage caused by the system not being used and maintained in the manner described in the operating instructions, nor by an external factor outside the manufacturer's reasonable control or normal wear and tear. Under no circumstances, is the manufacturer liable for any indirect damages caused by the system not making or transmitting an alarm.

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